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## 'DEFINITELY DO IT'
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Your essential daily news
TUESDAY, APRIL 26, 2016
High 14°C/Low 7°C Sun and clouds

COURTESY CITY OF VANCOUVER

# AN EXERCISE IN PATIENCE
## Vancouver to wait a bit more for bike-share roll-out
metroNEWS

# 'You can feel the tension'

INDIGENOUS ISSUES

## Occupy protest could be start of summer of discontent: Chief

**Neal Hall**
For Metro | Vancouver

A week-long protest that occupied the Vancouver offices of Indigenous and Northern Affairs Canada (INAC) has ended after the minister agreed to meet the group to discuss their demands.

But Grand Chief Stewart Phillip of the Union of B.C. Indian Chiefs said Monday the occupation of INAC offices across Canada is indicative of the rising tension in indigenous communities that are looking for immediate solutions to growing problems.

"You can feel the tension and unrest in our communities," Phillip said. "What we could be looking at here is the beginning of a long, hot summer."

He said there is a multitude of issues that need to be addressed immediately, including the youth suicide crisis in Attawapiskat, "appalling levels of poverty," lack of proper housing and safe drinking water.

"It has the makings of a perfect storm," Phillip said.

The new Trudeau government promised to increase funding to address pressing issues, but the recent budget revealed the funding will come in the third and fourth years, he added.

"They want to see immediate results and see Trudeau walk the walk," Phillip said.

He made the comments after a celebration Monday in Vancouver by about 50 supporters of the protest group involving 10 indigenous mothers, children and a youth that ended the occupation of INAC offices in Vancouver.

The group was part of a national movement to occupy INAC offices across Canada to show solidarity for youth in Attawapiskat, the community that has experienced a series of shocking youth suicides.

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metro NEWS

Your essential daily news

Canadian killed by extremists remembered as brilliant and compassionate. **Canada**

# TransLink minister assures Evergreen Line 'on budget'

SKYTRAIN EXPANSION

## $1.43B still the price tag after mediations with contractor

**Matt Kieltyka**
Metro | Vancouver

**The Lincoln Evergreen Line station in Coquitlam.** COURTESY GOVERNMENT OF BRITISH COLUMBIA

The Evergreen Line will remain on budget, according to the minister responsible for TransLink.

Peter Fassbender fielded multiple questions about the project's financial well-being on Monday, during a tour of the under-construction plaza at Inlet Centre Station in Port Moody.

The Tri-Cities expansion of the current SkyTrain system, originally intended to open in 2009, comes with a $1.43-billion price tag but that figure was thrown in doubt recently after contractor SNC Lavelin entered into mediation with the province over cost overruns related to tunneling along the line.

Fassbender told media the mediation has come to an end and tried to assure the public that taxpayers won't be on the hook for any additional funds associated with the Evergreen Line.

"The project will be on time and on budget," said Fassbender. "The mediation is complete with the contractor and I can assure the people of British Columbia that this project will be on budget."

The minister repeated the line several times.

Monday's event was organized to commemorate the final phase of Evergreen Line construction, which is currently 85 per cent complete and expected to be operational by early 2017.

Jacob Bros were announced as the recipients of a $1.5-million contract to built the public plaza around the Evergreen Line stations in Port Moody.

Once complete, Fassbender said the SkyTrain — with the Expo, Millennium and Evergreen Lines combined — will become "the longest automated system in the world."

"This is one of those projects that was a dream — and it took a while for that dream to come into place — it is now delivering," said the minister.

Station plaza construction is expected to continue until fall 2016.

POLICE

## Man seriously injured in assault

**Thandi Fletcher**
Metro | Vancouver

Mounties are investigating after a 20-year-old man suffered a serious beating by as many as three assailants in Richmond last week.

On Thursday, shortly after 5 p.m., officers responded to the 7000-block of Minoru Boulevard for a report of a man being assaulted, according to Richmond RCMP.

It is alleged that as many as three assailants attacked the victim before fleeing in a vehicle.

"We believe that this was a targeted attack," Cpl. Dennis Hwang said in a news release. "We were quite worried for the victim, as he was in and out of consciousness when we arrived. He is very lucky to be alive."

The suspects are all described as male, possible in their early to mid-20s.

The victim, who is from Vancouver and is known to police, was rushed to hospital with multiple injuries, including a cut to the head and a broken arm.

Police said he will likely make a full recovery.

Richmond RCMP is continuing to investigate, and officers are asking anyone with information about the identity of the attackers to contact Cpl. Will Howard at 604-278-1212.

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Vancouver Bike Share says the program is expected to launch in 'summer 2016.' CONTRIBUTED

# Another snare for bike share

TRANSPORTATION

## Program likely won't be ready for planned June 15 launch

Thandi Fletcher
Metro | Vancouver

After years of waiting for a bike-share program to come to this city, Vancouverites will have to exercise just a little more patience — but only a little more.

In February, the city announced that it hoped to roll out 1,000 bikes on Vancouver streets by June 15 for its (incredibly) long-awaited bike-share system, with another 500 coming by the end of this summer.

But on Monday, Mia Kohout, the newly appointed general manager of Vancouver Bike Share, Inc.— a subsidiary of Ottawa-based CycleHop, which the city chose as the program's operator — admitted the target launch date announced by city staff earlier this year might have been a little ambitious.

"I think the date 'summer 2016' is better terminology," Kohout told Metro. "We're not far off target, and I think we're still aiming for that right now, but I don't want to ruin too many expectations if people are expecting a full system launch by June 15."

Although the official rollout is slightly behind schedule, Kohout said the company is still aiming for a soft launch on June 15. The company is also planning on launching special membership rates for founding members, as well as revealing the branding for the bikes, by the second week of May, she said.

"People should be excited to ride a bike-share bike this summer, in July for sure," she said.

Already, public interest in the bike-share system is high, she said.

Earlier this month, the City of Vancouver announced that it is seeking public input on where to place the first 100 stations for the 1,000 bikes that will hit the streets during the first phase of the rollout.

> **People are engaged and keen.**
> Mia Kohout

The city invited people to visit its website and drop a pin to suggest a location in the program's initial service area on the downtown peninsula, which is bounded by Arbutus Street, Main Street and 16th Avenue.

Within two weeks, Kohout said, the city received about 5,000 location suggestions.

**5K**
**Number of bike-share station suggestions the city has received**

The majority have been at transit hubs and near restaurants and beaches, she said.

"People are engaged and keen," she said, adding that the company will continue to accept suggestions until June.

She said the company is working with city officials, CycleHop consultants, the Downtown Vancouver Business Improvement Association and other stakeholders to determine where the stations will go.

The pricing structure for the bike-share system is still being determined, but Kohout said the company is considering special membership rates for founding members, like $99 for nine months of unlimited riding, which will include other perks such as a special key chain, T-shirt, helmet access and an invite to the launch party.

It's been a long road for Vancouver's bike-share program.

The city chose CycleHop to operate the system in February, nearly eight years after it first promised Vancouverites a bike-share program.

Problems with its previous supplier (Bixi went bankrupt, and Alta, now called Motivate, was bought out) caused the delay, which ultimately will provide the city with higher-tech bikes for less money.

The city will pay CycleHop $5 million over five years as opposed to the $6 million it budgeted under the previous scheme.

The city hopes public bike-share will fill gaps in the existing transportation network and encourage people to get around without driving.

WITH FILES FROM EMILY JACKSON/METRO

Ogopogo, British Columbia's own mythical lake monster, might need to surface soon if it wants to remain among Kelowna's most notable locals. HAMEDOG/WIKIMEDIA COMMONS

# Kelowna floats idea to nix Ogopogo

FLOAT

## The sea serpent has travelled 42,000 km, to 55 cities in 5 years

Ogopogo could get the heaveho if councillors in Kelowna decide to ditch images of the mythical lake monster from its parade float.

A proposal for the city's new float stresses outdoor recreation to better reflect and promote the community.

A representation of Ogopogo, either a goofy one with big eyes or a menacing one with fearsome fangs, has appeared on the float for more than 50 years.

Ogopogo is a supposed sea serpent living in Okanagan Lake, and its legend goes back centuries to First Nations lore.

Its current image on the city float is well-travelled, with the float having logged 42,000 kilometres in the past five years and appearing in parades in 55 cities in the Pacific Northwest of the United States and into Alberta.

But city staff believe it's time for a change.

"To keep the float looking fresh and reflective of our vibrant community, an update is required," reads part of a report going to council on Monday from event development supervisor Mariko Siggers.

> **This concept is playful and will quickly promote our region as an outdoor recreational playground.**
> Mariko Siggers

Some of the four themes considered for a refreshed float emphasize culture, agri-tourism or outdoor recreation.

"Staff feel each option has a good story to tell but recommend that the Active by Nature option be pursued," Siggers wrote.

Images on the float may include a lake and mountain landscape, along with outdoor recreation equipment such as bicycles, paddle boards, kayaks and mountain bikes.

"This concept is playful and will quickly promote our region as an outdoor recreational playground," Siggers said.

If council approves a new design, it will take three months to build a float that would be ready for parades in late summer or fall. It would represent the city for three to five years.

THE CANADIAN PRESS

RCMP

# Man allegedly drove stolen truck through stakeout

Thandi Fletcher
Metro | Vancouver

Mounties say a Chilliwack man is facing charges after allegedly driving a stolen pickup truck through a police stakeout for a drug investigation.

The incident happened around noon on April 11 while officers were conducting covert surveillance on a building in the 46000-block of Fifth Avenue, according to Chilliwack RCMP.

While officers were collecting evidence, police allege a man left the location, driving away in a pickup truck that had been reported stolen earlier in the day.

Officers quickly stopped the vehicle in a lot behind a nearby apartment complex, but not before the vehicle drove through a fence, police said. After a short foot chase, officers arrested the suspect nearby.

**Allegedly stolen truck.** COURTESY CHILLIWACK RCMP

Chris Guy Sepass, 30, is facing charges of possession of stolen property, mischief under $5,000, and wilfully resisting or obstructing a peace officer. He is scheduled to appear in court in May.

A day after his arrest, police executed a search warrant at the residence they were previously staking out. Officers found cash and a small amount of heroin, which were seized as part of an investigation, police said.

A 68-year-old man and a 44-year-old woman, both of Chilliwack, were taken into custody and later released, police said.

Police are continuing to investigate.

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# Police seek help in identifying robber

ABBOTSFORD

## Footage of man who stole woman's purse released

Matt Kieltyka
Metro | Vancouver

Abbotsford police are asking for the public to help them identify a man who violently robbed an 89-year-old woman earlier this month.

The woman, who was with her daughter at the time, was just leaving a financial institution in the 32700 block of South Fraser Way at 2 p.m. on April 14 and getting into a vehicle when a man allegedly grabbed her black purse and pulled her to the ground.

The man ran from the scene as the victim's daughter called police.

Several witnesses came to the woman's aid.

She was taken to hospital and treated for various injuries, including scrapes and abrasions, according to police.

Police continue to search for the robber, but no arrests have been made.

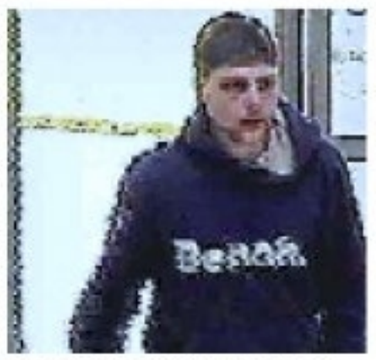
The department released surveillance footage on Monday in an attempt to identify the man.

He is described as a white man in his 20s with a thin build.

At the time of the robbery, he was searing a blue "Bench"-branded hoodie.

Police say the man was also inside the financial institution prior to the robbery.

Anyone with information is asked to contact Abbotsford police.




**The suspect in the robbery.**
CONTRIBUTED/ABBOTSFORD POLICE

**Anyone with information is asked to contact the police.**
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LEGISLATIVE REFORM

## Harper agenda 'cruel and unusual': Ruling

The former Conservative government's tough-on-crime agenda has suffered another blow as British Columbia's highest court strikes down two more mandatory-minimum sentencing laws, ruling them unconstitutional.

On Monday, the B.C. Court of Appeal overturned compulsory two-year minimum sentences for drug-trafficking convictions that involve someone under the age of 18 or that occur in a public place frequented by youth.

A unanimous decision from the three-person panel says a minimum sentence of two years in such instances may be at times "grossly disproportionate" to the crime committed and therefore amounts to cruel and unusual punishment.

This week's ruling is the latest in several cases in which courts have overturned mandatory-minimum sentences that are the legacy of the former Conservative government.

A Supreme Court of Canada decision earlier this month put an end to minimum sentences for specific drug-crime convictions and limits on pre-trial credit in certain conditions in which bail is denied.

Last year, the high court upheld a decision from the Ontario Court of Appeal, which ruled that minimum sentences for some gun crimes constitute cruel and unusual punishment because they risk ensnaring people with "little or no moral fault" and who pose "little or no danger to the public."

Prime Minister Justin Trudeau responded after the most recent high-court decision, saying that his government was reviewing the laws around such sentences.

The Justice Department did not provide a comment about the latest decision. The public prosecution service has 60 days to file leave to appeal.

The federal government must now step up and reform the laws around mandatory-minimum sentences, said Darcie Bennett, interim executive director for Pivot Legal Society.

The legal advocacy organization was an intervener in two of the three cases referenced in this week's B.C. Court of Appeal ruling.

"Legislative reform would be the cheapest, fastest, most effective way to deal with this issue and to deal with the issue not on simply a provision-by-provision basis," she said.

THE CANADIAN PRESS

## IN BRIEF

**Gangs not behind Williams Lake shooting: Minister**

An early morning shooting that prompted school closures in Williams Lake on Monday was sparked by escalating local rivalries, not gangs, said the province's public-safety minister.

Mike Morris said he was in the Caribou community last week speaking with municipal and First Nations leaders and police. Williams Lake RCMP said the shooting was at a home that had been occupied by someone claiming to be a gang member. THE CANADIAN PRESS

**Exiled chess players find new home at Park Royal**

A West Vancouver shopping mall has found a new location for longtime chess players who were kicked out last month. The players had been gathering at the Park Royal Shopping Centre for 50 years, and their banishment led to a public outcry. Mall manager Karen Donald said players have been offered a new space to be installed on the second floor. Player Terry Fellows said the group is commending Park Royal.

THE CANADIAN PRESS

# Prof pulls water from thin air

SIMON FRASER UNIVERSITY

## Device said to be one of six technologies to change world

Neal Hall
For Metro | Vancouver

A professor at Simon Fraser University is leading a research project that pulls water out of the air, even in hot, dry weather.

Majid Bahrami and his PhD student Farshid Bagheri spent three years working to find a solution to the world's growing demand for drinkable water.

"Our ancestors used to dig for water in the ground, but now we can take water from the sky," Bahrami explained Monday.

The device has been identified as one of six technologies that's going to change the 21st century, he said.

The research team at SFU's School of Mechatronics Systems Engineering developed the patent-pending device called the Hybrid Atmospheric Water Generator (HAWgen), which produces clean drinking water from the atmosphere using adsorption, refrigeration and filtration systems.

**Majid Bahrami** demonstrates his Hybrid Atmospheric Water Generator that creates drinking water from the atmosphere. COURTESY SFU

It was developed at Bahrami's Lab for Alternative Energy Conservation at SFU's Surrey campus and will be marketed through their company, Watergenics Inc.

> **He is creative and clearly a leader in this important area.**
> Uwe Glasser, on Majid Bahrami

The device, about the size of a small bar fridge, can be powered by solar and uses waste heat to generate water, even in hot, dry conditions.

It can generate up to five times as much water per day as conventional atmospheric generation systems.

The current prototype uses electricity but it still costs less to produce a litre than consumers pay at Costco, Bahrami said.

The next generation, expected later this year, will use renewable energy such as solar and could be scaled up to produce 100,000 litres a day for places hit by natural disasters or depleted aquifers, he said.

It extracts water from the atmosphere's 13 trillion cubic metres of renewable fresh water, which is replenished by ocean evaporation.

The new technology will play a role in the City of Surrey's BioPod Initiative, a regional hub for agri-tech innovation in which researchers can test solutions to improve year-round food production.

Earlier this year, Bahrami was the recipient of a Canada Clean50 Award, and Watergenics has been short-listed for an award in the most promising pre-commercial technology category by the BC Technology Industry Association.

He has also earned more than $10 million in funding for his alternative energy research projects.

"He is creative and clearly a leader in this important area," SFU's dean of Applied Sciences, Uwe Glasser, said in a statement about Bahrami.

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# Trudeau condemns killing

TERRORISM

## Canadian murdered by militants in Philippines

Prime Minister Justin Trudeau condemned Monday the "cold-blooded murder" of a Canadian beheaded by terrorists in the Philippines after being held hostage for seven months.

Trudeau confirmed the victim was 68-year-old John Ridsdel of Calgary.

Ridsdel was one of four tourists — including fellow Canadian Robert Hall, a Norwegian man and a Filipino woman — who were kidnapped last Sept. 21 by Abu Sayyaf militants from a marina on southern Samal Island.

The militants had threatened to kill one of the three male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Philippines police said a plastic bag containing Ridsdel's decapitated head was dumped in a street Monday night by two men on a motorcycle in Jolo, a town in Sulu province.

**Abu Sabaya**, far left, one of the leaders of the Abu Sayyaf Muslim extremist group. AFP/GETTY IMAGES

Trudeau said he was "outraged" by the news.

"Canada condemns without reservation the brutality of the hostage-takers and this unnecessary death," Trudeau said in a hastily assembled appearance before the media in the midst of a cabinet retreat.

> **Canada condemns without reservation this unnecessary death.**
> Justin Trudeau

"This was an act of cold-blooded murder and responsibility rests squarely with the terrorist group who took him hostage."

Trudeau said the Canadian government is committed to working with the Philippine government and international partners to "pursue those responsible for this heinous act and bring them to justice."

On behalf of all Canadians, he expressed his "deepest condolences" to Ridsdel's family and friends.

He did not answer any questions, including whether the government had paid a ransom for Ridsdel or Hall. However, an official said it is long-standing government policy to not pay ransom demands.

In militant videos posted online, Ridsdel and Hall, Norwegian Kjartan Sekkingstad and Filipino Marites Flor were shown sitting in a clearing with heavily armed militants standing behind them. In some of the videos, a militant positioned a long knife on Ridsdel's neck. Two black flags hung in the backdrop of lush foliage.

The abductions highlighted the long-running security problems hounding the southern Philippines, a resource-rich region that suffers from poverty, lawlessness and decades-long Muslim and communist insurgencies. THE CANADIAN PRESS

## Ridsdel 'could bridge many communities'

John Ridsdel, a Canadian killed by hostage-takers in the Phillipines, was remembered Monday as a brilliant, compassionate man with a talent for friendship.

"He could bridge many communities, many people, many situations and circumstances and environments in a very gentle way," said Gerald Thurston, a lifelong friend of the former mining executive and journalist who grew up with him in Yorkton, Sask.

Ridsdel was one of four tourists who were kidnapped last September from a marina resort on southern Samal Island by Abu Sayyaf militants. THE CANADIAN PRESS

**John Ridsdel** AFP/GETTY IMAGES


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INFRASTRUCTURE

# Liberal changes mean money for ferries, roads

Cities and provinces with new, shovel-ready infrastructure projects will be eligible for funding under the first phase of the Liberal infrastructure program, but only if the work is completed within the next three years.

That's the message in letters which federal Infrastructure Minister Amarjeet Sohi sent to his provincial counterparts last week.

Project costs for transit and waste-water and water-treatment projects will be eligible retroactive to April 1, "so work can begin immediately," Sohi wrote.

The first phase of the Liberals' promised 10-year infrastructure plan wraps up in 2019 — just as the country heads to the polls in a federal election — and is mostly focused on repairing aging roads, pipes and transit systems across the country.

It is also designed to lay the foundation for the second and more lucrative phase of the Liberal plan by covering planning costs for larger projects.

"There is money for design, there is money for planning and there is money for doing small projects if they are ready to move ahead with them," Sohi told reporters at the Liberal cabinet retreat in Kananaskis, Alta.

Money can't go to municipal projects without funding agreements between the federal and provincial governments.

"What these letters today do is that they set the framework and gives clarity for provinces and territories from the federal government for those negotiations and discussions to occur," said FCM president Raymond Louie.

The Liberals pledged in the budget, flowing from a campaign promise, to double infrastructure spending over the next 10 years to bring the overall federal investment to $120 billion.

The first two years of the new infrastructure program has $6.6 billion for provinces and cities, not including money promised to First Nations infrastructure or to universities.

The Liberals also promised changes to the government's existing marquee infrastructure program, known as the New Building Canada Fund, to quickly move about $8.7 billion remaining from the provincial and territorial stream of that fund to cities and provinces. The Liberals want the remaining money allocated to projects within the next two years.

The government is expanding eligibility under the fund, including work on small-scale highways and roads in provinces like Prince Edward Island that previously didn't qualify because they weren't big enough in scope or impact.

The federal government is also going to fund eligible project costs for ferry systems that provinces like B.C. wanted included in the fund.

THE CANADIAN PRESS

> **There is money for design, there is money for planning and there is money for doing small projects if they are ready to move ahead with them.**
> Amarjeet Sohi, infrastructure minister

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**GREECE JORDAN'S QUEEN VISITS REFUGEE CAMP** Queen Rania of Jordan has visited refugees and migrants on the Greek island of Lesbos, which has been one of the main gateways into Europe for people fleeing war, poverty and persecution at home. Rania visited the Kara Tepe camp Monday, a facility hosting more than 800 people. She says aid organizations had voiced "deep concern" over the recent European Union-Turkey deal under which those arriving on Greek islands after March 20 face deportation back to Turkey. THE ASSOCIATED PRESS/GETTY IMAGES

# Opponents join up to oust Trump

U.S. ELECTION

## Front-runner bristling at collaboration

**Ted Cruz and John Kasich** AFP/GETTY IMAGES

Donald Trump says an extraordinary collaboration between Ted Cruz and John Kasich aimed at unifying the anti-Trump vote in some remaining primaries is a desperate move by "mathematically dead" rivals.

Such collusion would be illegal in many industries, the Republican presidential front-runner said, but it's illustrative of "everything that is wrong in Washington and our political system."

Under the arrangement outlined late Sunday, Kasich, the Ohio governor, will step back in the May 3 Indiana contest to let Cruz bid for voters who don't like Trump. Cruz, a Texas senator, will do the same for Kasich in Oregon and New Mexico.

The arrangement does not address the five Northeastern states set to vote Tuesday, where Trump is expected to add to his already overwhelming delegate lead. Yet the shift offers increasingly desperate Trump foes a glimmer of hope in their long and frustrating fight to halt the billionaire's rise.

"It is big news today that John Kasich has decided to pull out of Indiana to give us a head to head contest with Donald Trump," Cruz told reporters as he campaigned in Indiana on Monday. "That is good for the men and women of Indiana. It's good for the country to have a clear and direct choice."

Kasich sent mixed messages, however, as he addressed the pact for the first time while campaigning in Philadelphia.

Asked what Indiana voters should do next week, the Ohio governor just 13 hours after the arrangement was announced urged them to vote for him.

"I've never told them not to vote for me. They ought to vote for me," Kasich said in a Philadelphia diner. He said he simply agreed not to spend "resources" in Indiana.

THE ASSOCIATED PRESS

POLICE SHOOTING

# Tamir Rice suit gets settled

The city on Monday reached a $6 million settlement in a lawsuit over the death of Tamir Rice, a 12-year-old black boy shot by a white police officer while playing with a pellet gun outside a recreation centre.

An order filed in U.S. District Court in Cleveland said the city will pay out $3 million this year and $3 million the next. There was no admission of wrongdoing in the settlement.

Family attorney Subodh Chandra called the settlement historic but added: "The resolution is nothing to celebrate because a 12-year-old child needlessly lost his life."

**Tamir Rice** AFP/GETTY IMAGES

The wrongful death suit filed by his family and estate against the city and officers and dispatchers who were involved alleged police acted recklessly when they confronted the boy on Nov. 22, 2014. A video of the encounter shows a cruiser skidding to a stop and rookie patrolman Timothy Loehmann firing within two seconds of opening the car door. Tamir wasn't given first aid until about four minutes later, when an FBI agent trained as a paramedic arrived.

Tamir's death has fuelled the Black Lives Matter movement that firmly took root in 2014 after Michael Brown in Ferguson, Missouri, and Eric Garner in New York City died at the hands of police. Grand juries declined to indict officers in those two deaths and in the shooting of Tamir.

THE ASSOCIATED PRESS

CAMBODIA

# Turtle is declared nearly extinct

**A Cambodian Royal Turtle** THE ASSOCIATED PRESS

Cambodia's Royal Turtle is nearly extinct, with fewer than 10 left in the wild, because increased sand dredging and illegal clearance of flooded forest have shrunk its habitat, a conservationist group warned Monday.

The New York-based Wildlife Conservation Society said in a statement that for several years the small remaining population of Royal Turtles, "perhaps numbering fewer than 10," has been successfully protected in the Sre Ambel river system by a joint project of the government's Fishery Administration and WCS.

But a recent increase in disturbance along the river system in Koh Khang province, the only place the turtle is still found in Cambodia, is putting the species at great risk, it said.

The Royal Turtle is one of the world's 25 most endangered tortoises and freshwater turtles.

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# THE HUMAN TOUCH

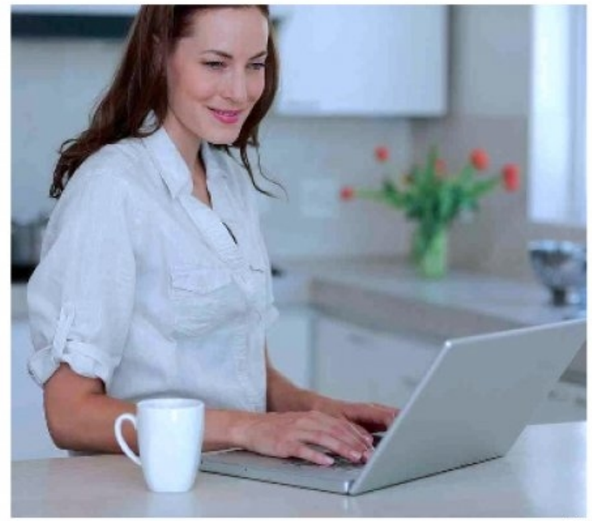
## NEW AUTOMATED INVESTING SERVICE PUTS PEOPLE FIRST

The world has never been more connected. Every day, we use messaging to communicate with friends and family around the world, websites to order our groceries, and apps to organize our busy schedules. Having your financial portfolio managed by an automated investing service is a natural — and appealing — extension.

These financial services provide a simple digital interface that, after you are set up, makes online investing almost as easy as checking your messages. In the U.S., these services are commonly called "Robo Advisors," and they're often fully automated, using algorithms to make investment decisions. Now in Canada, BMO SmartFolio is one such "hands-free" automated investing solution, with one crucial difference: real people, managing the portfolios behind the scenes.

BMO is the first of the major Canadian banks to introduce an automated online investing service. Despite the "Robo Advisor" misnomer, SmartFolio portfolios are managed by actual people, financial experts who oversee the exchange-traded fund (ETF)-based portfolios.

For first-time investors and people on the go, an automated investing service like BMO SmartFolio is an attractive and affordable option. After answering a questionnaire, investing is easy — putting your money to work, all under the care of investment professionals. Once you complete an investor profile, you're aligned to one of five portfolios based on your risk tolerance and objectives. The service handles day-to-day tasks such as portfolio rebalancing. Fees are kept low because your portfolio is made up of ETFs, which come with lower management costs and greater transparency. And when you do want to check in, monitoring your investments is easy — whenever, wherever — using the intuitive and transparent website interface. After all, something as valuable your financial future shouldn't be left to algorithms alone.



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# Procrastinators, do your taxes

FINANCE

## To avoid penalties, get returns filed before April 30

Taxes! What are they good for? That's what many Canadians ask themselves this time of year, as they scramble to file them on time.

Jacob Hirsh, an assistant professor at the University of Toronto, has a different question: "Why wouldn't you put them off?"

The Canada Revenue Agency expects your tax returns by April 30 (or June 15 if you are self-employed). But only 18 per cent of Canadians file well in advance of those dates, with one in five filing just in time, according to an H&R Block survey released last year.

Unless you're expecting a big refund, there is no real positive incentive to do your taxes early, according to Hirsh, who teaches organizational behaviour and human resource management. "Normally, the things that motivate us the most are the things we're excited about; we perceive an opportunity for value," he said.

Get rid of the taxes anxiety by just doing them already. ISTOCK

The main reward that comes with getting your taxes done is just that — the fact that they're done, Hirsh adds.

But there are negative incentives if you don't, include financial penalties. In other words, "Get it done — stop procrastinating, Canada!" says Caroline Battista, a senior tax analyst at H&R Block. "We want the services that come through paying our taxes, but don't want to pay more than (our) fair share," she says. "And the chance to do that is on (our) tax return."

### WHAT HAPPENS IF YOU FILE LATE?

Interest starts accumulating May 1 at 5 per cent, "but it comes up to a bit more because it's compounded daily," says chartered professional accountant Dale Romanovsky. There are also extra monthly penalties for late returns.

If push comes to shove, the CRA will take care of your taxes itself, since employers file tax slips, Romanovsky says. He's noticed more clients coming to him with letters from CRA with its own assessments of what they owe.

### WHO FILES LATE?

According to H&R Block, 35- to 54-year-olds procrastinate the most. That may simply be because their lives are busier, Battista says.

When it comes to tax procrastinators' financial situations, though, anxiety doesn't discriminate.

Even experts can be guilty of putting things off; an accountant was a subject of a case study on which York University psychology professor Gordon Flett worked.

"He wasn't filing other people's taxes on time, let alone his own," says Flett. "This is how severe it was."

### WHY PEOPLE DON'T FILE (ON TIME)?

People procrastinate for a number of reasons, including fear of failure, the seeming complexity of a task, the "jolt" that may come with doing something at the last minute, and a distaste for being told what to do, according to Flett.

Conscientious people tend not to procrastinate, says Hirsh, who added that some of the issues may have to do with a lack of awareness about taxes. "Basic financial life skills should be taught in school," he says, noting some are taught in high school, but that might be years before someone actually has to file a tax return.

TORSTAR NEWS SERVICE

**$1,580**
The average tax refund processed in April, according to H&R Block

**$1,700**
The average refund processed from January to March

**$1,380**
The average refund processed after April

**$1,643**
The average refund for 2015 as of April 12, 2016, according to CRA

**29M**
Number of Canadians that the CRA expects will file a return for 2015

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MCDONALD'S

## Andra Day to appear on 40M Coke cups

Andra Day wants to inspire people to rise up while drinking a Coke.

The Grammy-nominated singer's image and lyrics from her standout single "Rise Up" will appear exclusively on 40 million Coca-Cola cups at select McDonald's throughout the country, Coke officials told The Associated Press on Monday. Day's appearance on the red-and-white cups is an extension of the recently launched "Share a Cup and a Song" lyrics program.

The cups will be available May 2.

"I really hope this gives people a simple reminder to persevere," Day said. "That's what the song is all about. That's why I like this Coke campaign, because it makes you inspire community. I hope people are able to see the encouraging stories through this."

Purchasers of the cups can also view the short film documentary "I Rise," inspired by Day's single "Rise Up." The film can be watched on a cellular device after scanning a cup using Shazam's new image recognition technology.

The film features four African-American women, showcasing the impact they're making in their communities.

"Andra was an easy choice because she's an amazing talent," said Umut Ozaydinli of Deviant Ventures, a marketing agency for Coca-Cola. "Her song 'Rise Up' has all the elements of an anthem." THE ASSOCIATED PRESS

Andra Day performs during the In Performance at the White House series, honoring Ray Charles. THE ASSOCIATED PRESS

### HEALTH

**Company aims to stop antibiotic resistance**

A hundred years ago, a small wound could result in death if an infection spread. That could become reality again as the world threatens to return to a pre-antibiotic era due to antibiotic resistance.

Ottawa-based Avivagen has created OxC-beta, a natural alternative to antibiotics in animal feed using beta-carotene. This both helps animals grow optimally and boosts their immune systems, said president and CEO Cameron Groome, making it less likely the animals will need a dose of antibiotics.

THE CANADIAN PRESS

### market minute

**DOLLAR**
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**TSX**
13,795.99 (–78.01)

**OIL**
$42.64 US (–$1.09)

**GOLD**
$1,240.20 US (+$10.20)

**NATURAL GAS:** $2.063 US (–7.7¢)
**DOW JONES:** 17,977.24 (–26.51)

metro VIEWS
Your essential daily news
Tuesday, April 26, 2016

METRO POLL

# Is Game of Thrones' nudity sexist?

As the world settles in to relish Games of Thrones' sixth season, one of the burning questions on fans' minds is: "Who are we going to see naked?" Metro's own unscientific research yielded unsurprising results: Over the show's five seasons, women have been given the full-frontal treatment twice as often as men. Is that unfair? **Is it time to even the score?** We asked our online readers.

**1 Should Game of Thrones adjust its male-to-female nudity ratio?**

**2 Does the fact that there's way more female nudity on the show mean that it's sexist?**

**60%** No way!
**40%** Absolutely.

**WE ASKED** Metro readers

Women enjoy watching these naked girls just as much as men do.

Equal rights, equal bods!

I think I've seen as many male nipples on the show as I have female nipples. The problem is that female nipples are sexualized.

I would rather see the actor's/actress's skill than their private parts.

It is likely catering to the audience. More males watch.

It is not directly being 'sexist,' it just follows the themes and storylines that were developed in the world of this TV show.

visit metronews.ca
HAVE YOUR SAY

# Car-free streets can be a refuge in our pricey city

CITY HOLLER
**Trish Kelly**

Last week, Vancouver city council approved a plan to close the 800 block of Robson Street and finally realize a public square for Vancouver. The idea is a very long time coming.

We have the Seawall, and beaches where we can pause and admire the natural beauty surrounding us. But we haven't really had a place that inspires us to pause and appreciate the city itself.

**The Robson Public Square can be Vancouver's downtown antidote to consumerism.**

In the early 1970s, the provincial government, which actually owns the land that is home to Vancouver Art Gallery and the Law Courts across the street, commissioned well-known architect Arthur Erickson to redesign the space.

Erickson's final design included closing the street to connect the adjacent buildings and create a traffic-free pedestrian public space. Though traffic-free when it opened, it didn't take long for this key feature of the design to be eroded. Within a few years, buses were again allowed down the street, and then regular traffic.

During the 2010 Winter Olympics, the city temporarily closed the block and Vancouver got a taste of how it feels to have a true public square. Building on the success of that closure, the city worked with VIVA Vancouver to use the block as a summertime only public square. Since 2011, temporary furniture that doubles as cool public art has been installed to offer downtown office workers and residents a place to sit in the sun.

During the summertime closures, the Robson bus was rerouted, and drivers who wanted to cruise Robson from start to finish were detoured, causing frustration for some.

But driving down Robson was never the quickest route into the west end, and I'm sure any honest driver would admit that.

Residents of the northern part of the west end will suffer the inconvenience of a new route for one of their buses; but for those living in the tall towers or balcony-less walk-up apartment buildings that make up the housing stock downtown, the public square can be the balcony, the patio and the place to meet up with friends, and it won't cost them a dime to take a seat.

To me, that's the biggest benefit to having a real public square. There's no cost of admission to sit and bask in the car-free public space. You aren't obliged to buy a coffee to justify grabbing a seat on this patio. It can give neighbours and tourists alike a refuge from the high cost of being in the city.

Nestled between luxury department store Nordstrom and Robson Street's flagship shopping stroll, the Robson Public Square can be Vancouver's downtown antidote to all that consumerism.

That's something we need in our city, not just in summer, but all year round.

**Trish Kelly** lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD
metroview

# It's not cool to kill your plants. They have feelings, too.

In 2013, the New Yorker ran a long piece on plant feelings, and whether they have any.

It wasn't conclusive. But it was disturbing enough that I decided to stop buying plants. Inevitably, I kill any that come under my charge. Not via neglect and dehydration, mind you. I'm the smothering kind who drowns them to death.

Even ferns are too risky if there is a chance they could sense their own demise, I decided. Especially after I came across Avery Monsen and Jory John's whimsical book All My Friends are Dead, in which a despondent potted plant begs: "Please stop buying my friends if you are just going to slowly kill them."

In 2010, when that book was printed, plant sensing, as it's sometimes named, hadn't yet come back in vogue (it was, naturally, a thing in the '70s). But there has since been a book (2012's What a Plant Knows) arguing plants see, smell, taste and feel; and a simmering debate over plant intelligence (plus a debate over the term "plant intelligence").

There are a few reasons to worry about all this right now. Chiefly, it's spring, and shops are again full of perfumed, kaleidoscopic offerings for you to take home, enjoy and kill.

But also: Plants, like plant sensing, are hot. Boutique shops — with stylized cacti and lime-green foliage you feel the urge to pet — are everywhere.

They answer the question: What do your plants say about you? (Artsy and in love with the southwest desert esthetic!) But beware of who you hurt while curating your image. A throw pillow doesn't care about the end of its threadbare neighbour, but plants have been found to recognize their kin and warn each other of bugs and water scarcity.

The research is part of what Natasha Myers calls a scientific and cultural "moment of recognizing both the force and power of plants."

"For me, the promise of (plant) sensing is the promise of (plant) sentience," says Myers, an anthropologist at York University who studies the relationship between plants and people. Many scientists agree plants both actively respond to, and shape, the world, she says. Perhaps they'll change our very understanding of what "intelligence" is.

What that means for the lowly houseplant is a paradigm shift in its function and worth. Myers suggests that we need to consider relationships of reciprocity with our plants: "What are we willing to give back?"

If not some small effort to understand their slow, subtle signals, their individual necessities of life, it's hard to argue we deserve them.

metro
Your essential daily news

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metro LIFE

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Rachael vs. Rachel: Jay Z infidelity rumours

Angry Beyoncé fans mistake Roy for Ray, threaten to stop eating celebrity cook's tacos

# The case for dedicated dad time

Labour Minister MaryAnn Mihychuk says she wants dedicated paternity leave to be part of promised changes to parental leave under the Employment Insurance program. **Writer Kaitlyn Kochany** whose husband took 17 weeks off to care for their newborn, shares her experience.

It's one a.m. on a Tuesday night and my husband is knocking on our bedroom door. "Someone's hungry," he says, holding our newborn son Noah. The two of them have been camped out in our den as I catch a couple precious hours of sleep. As Noah feeds, Mike refills my water glass and queues up his next movie, then I roll over once more, thankful that neither of us has to work in the morning.

While many fathers who take parental leave do so towards the end of their baby's first year, after their wives have returned to work, my husband Mike took his as soon as Noah was born.

I returned to freelance work four weeks after our son's birth, so Mike arranged to take 17 weeks off, about half the total time allotted to parental leave.

We thought we'd be able to establish a schedule before his return to work — sleeping through the night at six weeks, regular naps, family brunch on the weekends — but a fun fact about newborns is that they're totally uninterested in schedules.

Instead, we've used Mike's time off to cement ourselves as a new family. I always have someone to double-check that Noah is eating, sleeping, and pooping enough. He stays up late with the baby, and I get up early, so we both get close to enough sleep (although never quite as much as we want). We go together to doctor's appointments and drop-in centres, giving him intimate knowledge of Noah's health and development. This also saves me from becoming the family note-taker, collecting information to pass along when he's home from work.

While I'm responsible for feeding Noah, Mike has become a champion diaper-changer, an experienced baby soother, and the captain of the stroller when we go for walks.

There are downsides, of course. Money is tight, and after the newness wore off, we experienced cabin fever. Well-meaning relatives have cautioned us that, by taking parental leave, Mike's career will suffer.

(Some American studies have shown that fathers who take paternity leave can be "daddy tracked," or sidelined for career advancement, similarly to working mothers.) None of us are looking forward to the day Mike has to return to the office — we're going to miss each other, he's going to miss Noah, and I'll be alone with a baby for the first time since Noah was born.

But the drawbacks are minimal when I look at the big picture.

My husband and son bond every single day. Mike was the first person to see Noah roll over and to hear him laugh. The baby is comfortable with both parents — daddy isn't some guy who shows up at dinner time, and I get to recharge.

Instead of feeling lonely or overwhelmed, a common complaint among my friends at home alone with their newborns, I feel supported. The big picture stays rosy into the future: children whose fathers take paternity leave tend to do better in school, and their households are usually more equal when it comes to chore division.

With more people than ever working in freelance or contract work, or working from home, this type of arrangement may become more common. Canada is looking at making paternity leave benefits more equitable, and Quebec already offers five weeks to new fathers.

But we still lag behind countries like Sweden, where nearly 90 per cent of new dads take paternity leave, and they take an average of seven weeks.

Currently, less than 10 per cent of Canadian dads take leave.

From where I sit, even a few weeks at home can help families: It normalizes the idea that dads are active parents, even to infants, and helps equalize household roles. Making Quebec's amount of leave time available to fathers nationwide would be a great first step.

When I asked Mike what he would say to a father considering taking time off, he didn't hesitate: "Definitely do it. Anyone will tell you that this time goes by a mile a minute.

"As much we change in a year, babies change every week. They'll never be as little and as curious about the world as they are right now, so it's worth taking."

**Michael Cinovskis holds his three-month-old son Noah. Cinovskis, who works in development at CNIB, has taken 17 weeks off to be with his baby.** LIZ BEDDALL/METRO

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JOHANNA SCHNELLER WHAT I'M WATCHING

# Food tourism dangers

**THE SHOW: Carnival Eats, "We Deep-Fried That" (FOOD)**
**THE MOMENT: The deep-fried gummy bear**

**According to Carnival Eats host Noah Cappe, this deep-fried gummy bear tastes like cherry pie.** CONTRIBUTED

Host Noah Cappe talks to a woman food vendor at the Ohio State Fair. "How did you ever think of deep-frying gummy bears?" he asks.

"Honestly, I was just trying to think of something that hadn't been done yet," she says.

He expresses fascination with her method, even though every item he tastes in this episode is made the same way: Stick a skewer into something weird. Shove it in the freezer. When it's cold, dredge it in something (for the bears, that's flour, cinnamon and cardamom).

Plop it into the deep fryer until the batter bubbles.

Cappe bites into a hot bear. It dissolves into goo. "Mmm, tastes like cherry pie," he says. It looks absolutely revolting.

One slow Friday afternoon, you turn on the TV.

"What harm can it do?" you ask yourself. The station happens to be the Food Network.

A vanilla-faced host is wandering State Fairs.

Next thing you know, you're watching someone dredge a slice of watermelon in tempura and tapioca, fry it, and then drizzle strawberry sauce over it.

Food-tourism shows baffle you, because unlike cooking shows, which teach you how to make something, food tourism is about watching someone eat stuff you're never going to eat. And unfortunately, no matter how many yummy or yucky faces a host makes, you can't tell what fried butter tastes like.

Yet you watch on, powerless to change the channel.

You didn't eat the fried butter, but somehow it's invaded your arteries anyway. When the commercials come on, you wander off in search of … potato chips.

YOGA

# A pose that promises to 'heel' your hip and low back pain

**YuMee Chung**
Torstar News Service

**YuMee Chung demonstrates Cobbler's Pose.**
TORSTAR NEWS SERVICE

Our twist on Cobbler's Pose will traction out your hips and release the deep muscles of your lower back.

**Cobbler's Pose**

**1.** Sit upright with knees hugged in close and inner big toes smooching one another.

**2.** Open the knees out to the sides like a pair of wings and gather the soles of the feet together into prayer position.

**3.** Place the left palm down high on the upper left thigh with all five fingers facing away from your centreline, while you prop the right hand on the ground, about 30 centimetres to your right and ever so slightly behind you. Lean into the right arm, using it like a kickstand; twist the shoulders a little to the right, turning your gaze over the right shoulder; and press the left hand strongly down and away as if you are trying to make your upper leg flatter and longer.

**4.** Stay for five slow breaths, actively relaxing the left hip and low back to reap the full benefit of this subtle yet profound stretch.

**5.** Switch sides.

Do Cobbler's Pose anytime you feel pinchy or achy in the low back or hip sockets — it might just "heel" what ails you.

**The Ill-Fitting Shoe Blues**

According to the Canadian Federation of Podiatric Medicine, 75 per cent of Canadians will experience foot health problems at one time or another. Women report foot problems four times more often than men. Most foot issues are not congenital but rather stem from wearing ill-fitting shoes. A whopping nine out of 10 women wear shoes that are too small for their feet in the name of fashion.

How can you tell if your shoes fit you properly? If you cannot spread your toes out a little in your shoes, they are simply too small.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

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# Are you ready to train like a viking?

NEW WORKOUT

## Trainer wants you to scrap the selfies and start sweating

Svava Sigbertsdottir doesn't want to give you a "bikini body."

She wants you to do burpees until you can't anymore.

Then do 10 more.

The Icelandic-raised Sigbertsdottir is the founder of The Viking Method, an intense full-body workout she created after trying everything from Crossfit to yoga to football in search of a workout that would give her the elusive tight, toned body.

Now based in London, she counts singer Nicole Scherzinger and model Suki Waterhouse among her biggest fans.

The single mom to an 18-year-old daughter has developed a brand that revolves around her gruelling weeks-long training videos, priced at $73 for a six-week program and $130 for 12 weeks, her nutritional program focusing on healthy fats, fruits and vegetables, and her tough, motivating persona.

We caught up with Sigbertsdottir, 35, at Hard Candy Fitness in Toronto.

Trainer Svava Sigbertsdottir puts a priority on being powerful strong. TORSTAR NEWS SERVICE

**What is the Viking Method?**

Basically, it is a functional training method, so you use your own body a lot and you use free weights. I have specific exercises, I pair them in a certain way. I do very specific work for the core. No core crunches, no weird machines. I work the body the way it should work. No, like, on all fours doing donkey kicks and ruining your hip. There are certain rules: 90 minutes before you exercise and 90 minutes before you go to bed, you can't have any carbs because they activate certain hormones that you don't want to have activated when you train and when you fall asleep.

My most important thing about the method is that we train for our performance, not for our looks. Our worth is not determined by the size of our ass. It's all about internal satisfaction.

**Why don't you like before and after body photos?**

You can cheat so much on them. You do different lighting, you go in the sun bed, you have different underwear, you have makeup. What I find problematic with that is if you focus so much on looks, you're open to external opinions. Other people can get under your skin. Other people can make you feel awful about this picture that you felt really happy about. Instead, it's very empowering to put up goals and be able to smash them

**Why call it "Viking"?**

I'm from Iceland, so it's logical to call it the Viking Method. It's everything that the word represents. A Viking is not going to stop doing an exercise because someone is watching and it might look silly. I'm resilient and I will set goals and I will not stop until I reach them. Be confident in yourself. Be powerful and strong — make that the thing that matters to you. Anybody can be a Viking, it's not like you have to be from Scandinavia.

**What do say to someone who doesn't feel like working out that day?**

I've been into the gym and I've stepped on the treadmill and I've stepped off it and I've walked back home. If that happens — and if it doesn't happen often — then don't sweat it. But if you feel this happening three or four times a week, then you just have to force yourself. You have to be a bit cruel to be kind with yourself in the beginning. If you just have an off day, just have the off day. Go home and order a pizza and watch Netflix.

TORSTAR NEWS SERVICE

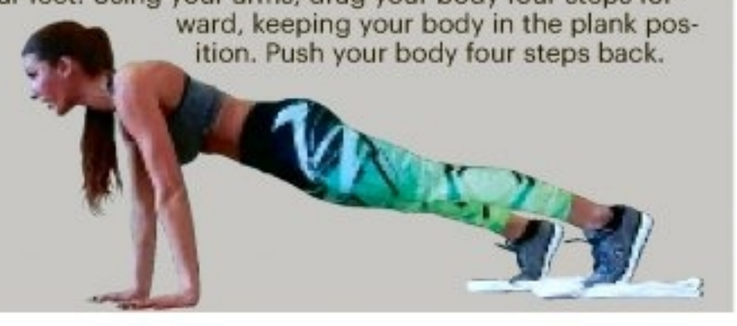
### AT HOME ROUTINE

**Test your viking strength**

Sigbertsdottir demonstrates a three-move circuit with no breaks between moves. After completing the circuit, rest for up to a minute. Repeat five times.

**1 Kneeling High Kick (repeat 8 to 12 times):** Start kneeling and bring your left leg forward with your foot down and a 90-degree bend at the knee. Press into the left heel and come up, lengthening the left leg and at the same time kicking the right leg high up. Control it as you come back down. Do not use the right leg at all to lift yourself up, only the left. Engage your core and use your power to kick that leg out.

**2 Narrow Beats (repeat 8 to 12 times):** Come down into a low squat. As you squat watch that knees are in line with your toes and your weight is on your heels. Imagine you're sitting down on a low chair that is far behind you. Squat deeply. As you jump up, lengthen the legs fully and beat them together (like closing a pair of scissors). Land in that deep squat again.



**3 Tea Towel Crawl (repeat 2 to 4 times):** Hold your body in a plank position, placing two tea towels under your feet. Using your arms, drag your body four steps forward, keeping your body in the plank position. Push your body four steps back.

PRINCE

# Some fans at risk for severe grief following death of a celebrity

When icons die, the outpouring of public grief can easily be written off as mass hysteria.

There are snide terms for it. "Mourning sickness" describes supposedly ostentatious group grieving, while "grief porn" is used to describe the voyeuristic media coverage of that collective angst.

But psychologists said Friday the emotional pain of "losing" a star like Prince can be very real — and personal.

It can also leave entire groups of people grappling with deeply uncomfortable existential questions, especially when celebrity deaths happen in spates.

"Individuals often form deeply affective relationships with celebrities with whom they have never had a face-to-face relationship," Liverpool Hope University sociology lecturer Michael Brennan said.

"This does not invalidate the grief-like reactions individuals may experience."

The dramatic death of Princess Diana in a car crash in Paris in 1997 is cited by many as having triggered the first massive, public mourning for a celebrity.

In the month after her funeral, suicides in England and Wales were up 17.4 per cent, according to a study published in the British Journal of Psychiatry in 2000.

It concluded that "the death of a major public figure can influence rates of suicidal behaviour."

U.K.-based clinical psychologist Hamira Riaz said Prince fans have been going through very typical phases of mourning on fora such as Twitter — individually and as a collective.

"There were elements of denial and shock at the beginning, there are feelings of anger about the year turning out to be a year where we lost so many people, there's a sense of depression in the way people are remembering," she said.

Generation X – people born between the mid-1960s and early 1980s — would be hardest hit, said the experts, as Prince's music formed the soundtrack to their young adult lives.

His demise would have sparked reminiscences about that time, a yearning for people since lost, and regret for hopes and dreams that never materialized.

"The fan mourns not only the loss of the celebrity but other aspects of their personal life which have become bound-up with the celebrity," Brennan said.

Prince's death also shattered the fantasy of immortality we tend to attach to the beautiful and talented.

"This is a bit of a wake-up call for anybody who buys into that philosophy that you are only as old as you acknowledge, because obviously that is not true," Riaz said.

AFP

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# Blues hang on to end Blackhawks' title reign

NHL PLAYOFFS

## St. Louis moves on to second round for first time since 2012

Troy Brouwer tapped in his own rebound to snap a third-period tie and the St. Louis Blues advanced to the second round of the playoffs for the first time in four seasons, eliminating the defending Stanley Cup champion Chicago Blackhawks 3-2 in Game 7 of their Western Conference quarter-finals series Monday night.

**GAME 7 In St. Louis**

| | |
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**Marcus Kruger of the Blackhawks runs into Blues goaltender Brian Elliott in St. Louis on Monday night.** DILIP VISHWANAT/GETTY IMAGES

Brouwer, who played for the Blackhawks' Cup winner in 2010 and was among the veteran additions to a team trying to break through, swiped in a backhander. The goal at 8:31 was his first in 24 post-season games since 2013.

It is the first time the Blues advanced past the first round since 2012, when they beat San Jose in five games but then lost four straight to Los Angeles.

Jori Lehtera scored his first career playoff goal and rookie defenceman Colton Parayko also scored for the Blues, who avoided another inglorious finish. They led 2-0 early before the Blackhawks tied it in the second period.

Chicago just missed a chance to tie it when Brent Seabrook's shot went off both posts with about 3:30 left.

Marian Hossa scored his third goal of the series and Andrew Shaw got his fourth on a power play for the Blackhawks. Patrick Kane was dangerous all night but was scoreless, and was minus-3.

The Blackhawks have won three of the last five Cups — but when they don't win it all, the post-season can be a short one, with three first-round eliminations the last six seasons.

Brouwer, playing in his seventh career Game 7, scored from close range off a feed from Robby Fabbri. The first shot went off the right post and he nudged the second past Corey Crawford.

St. Louis was coached by the Blackhawks' Joel Quenneville the last time it played in a Game 7, a loss at Vancouver in 2003. The Game 7 win was the franchise's first since 1999.

THE ASSOCIATED PRESS

### NBA PLAYOFFS

**Westbrook, Thunder send Mavs off into the sunset**

Russell Westbrook had 36 points, 12 rebounds and nine assists, and the Oklahoma City Thunder beat the Dallas Mavericks 118-104 on Monday night to win the first-round playoff series 4-1 and advance to the Western Conference semifinals.

Kevin Durant added 33 points for the Thunder, who will play the San Antonio Spurs in a series that begins Saturday.

Dirk Nowitzki scored 24 points to lead the Mavs.

THE ASSOCIATED PRESS

**Hornets get even with Heat**

Kemba Walker scored a playoff career-high 34 points, Jeremy Lin added 21 and the Charlotte Hornets beat the Miami Heat 89-85 on Monday night to even their first-round series at 2-2.

Game 5 is Wednesday night in Miami.

THE ASSOCIATED PRESS

**Curry out at least 2 weeks**

If the Golden State Warriors want to cap a record-setting season with a second straight NBA title, they will need to survive the next two weeks without their best player.

Stephen Curry is expected to miss at least two weeks with a Grade 1 sprain of the MCL in his right knee.

Golden State leads Houston 3-1 in their first-round series.

THE ASSOCIATED PRESS

### TIED SERIES

**Preds force Game 7**

James Neal scored the winning goal late in the second period, and the Nashville Predators held on to beat the Anaheim Ducks 3-1 on Monday night and force the first Game 7 in franchise history.

The Predators had lost the previous five Game 6s when needing a win to stay alive in the playoffs, and they snapped a three-game skid to the Ducks to force this series back to Anaheim for the deciding game Wednesday night.

UFC 200

# Conor, Dana stir pot

Five days have passed since Conor McGregor ended his 24-hour retirement, and we're still not sure if the UFC's most bankable fighter will participate in UFC 200.

UFC president Dana White dropped McGregor from the card last week after the featherweight champ missed a promotional event. McGregor says he has reached an agreement with the promoter, but White says he hasn't spoken with McGregor's camp about reinstatement.

**Conor McGregor and Dana White** GETTY IMAGES

The buzz created raises the question of whether McGregor and the UFC are benefitting from the dispute by getting more publicity than any news conference could.

TORSTAR NEWS SERVICE

# Leicester's title to lose

PREMIER LEAGUE

## Foxes can clinch on weekend after Spurs draw

Leicester is one victory from becoming one of the unlikeliest champions in English soccer history — a year after nearly being relegated from the Premier League.

The path to the trophy became clearer Monday after closest challenger Tottenham was held to a 1-1 draw by West Bromwich Albion, giving Leicester a seven-point lead with three games remaining.

Leicester's first chance to seal its first top-flight title in its 132-year history comes on Sunday at the home of 20-time champion Manchester United.

Even if the Foxes fail to win at Old Trafford, manager Claudio Ranieri can be handed the title if his former club, Chelsea, beats Tottenham next Monday.

Ranieri's team of bargain signings and even castoffs is on course to become the first maiden title-winner since Nottingham Forest in 1978 by completing the greatest transformation of a team in the post-1992 Premier League era.

Although Spurs look set to miss out on a first title since 1961, they are close to qualifying for the Champions League for the first time in six years with their highest finish since 1963.

"We are very young and we need to use this experience for the next few seasons," Tottenham manager Mauricio Pochettino said after Monday's White Hart Lane setback.

THE ASSOCIATED PRESS

**West Brom defender Craig Dawson** heads in the second-half equalizer on Monday in London. Tottenham's goal came off a Dawson own-goal in the 33rd minute. IKIMAGES/AFP/GETTY IMAGES

> **We needed to kill the game in these moments if you want to win the title.**
> Spurs manager Mauricio Pochettino

## AROUND EUROPE

**IN SPAIN**

Striker Iago Aspas scored a goal in each half as Celta Vigo defeated Granada 2-1 on Monday to move closer to fourth place in the Spanish league.

Aspas converted a penalty kick in the 16th minute and added a second in the 76th to give Celta 57 points, four less than fourth-place Villarreal, which drew 0-0 with Real Sociedad on Sunday.

**IN ITALY**

Juventus clinched its fifth straight Serie A title with three matches to spare after Napoli was beaten 1-0 at Roma on Monday.

Juventus won 2-1 at Fiorentina Sunday. THE ASSOCIATED PRESS

**Mario Mandzukic scored the opener on a volley in a 2-1 win over Fiorentina Sunday.** THE ASSOCIATED PRESS

SPEEDSKATING

# Morrison could be looking at 3-6 month recovery from stroke

The timeline for Canadian long-track speedskater Denny Morrison's return to the ice remained unclear Monday after he suffered a stroke over the weekend.

Morrison was hospitalized Saturday in Salt Lake City and tests later confirmed a brain blood clot and carotid artery dissection. No surgery was required and blood thinners were not used, Speed Skating Canada said.

A federation spokesman said Monday that the 30-year-old from Fort St. John, B.C. seems to be in good shape and is hopeful that he'll soon be able to return home. The team's medical staff have been in touch with doctors who treated Morrison in Utah and they're hoping to examine him later this week in Calgary.

Dr. Thomas L. Forbes, a professor of surgery and chair of the division of vascular surgery at the University of Toronto said it can often take up to half a year for a blood vessel to recover in cases like this.

"This being an isolated event, certainly the odds are in his favour that he would have complete recovery and at some point would be able to return to normal activities for him," Forbes said.

The stroke came less than a year after Morrison was involved in a near-fatal motorcycle accident.

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## IN BRIEF

**Appeals court rules Brady must serve 'Deflategate' ban**

New England Patriots quarterback Tom Brady must serve a four-game "Deflategate" suspension imposed by the NFL, a federal appeals court ruled Monday, overturning a lower judge and siding with the league.

A three-judge panel of the 2nd U.S. Circuit Court of Appeals in Manhattan ruled 2-to-1 that commissioner Roger Goodell did not deprive Brady of "fundamental fairness" with his procedural rulings. The split decision may end the legal debate over the scandal that led to months of football fans arguing over air pressure and the reputation of one of the league's top teams. THE ASSOCIATED PRESS

**White Sox rally to top Jays**

Todd Frazier drove in the tying and winning runs off Gavin Floyd in a five-run seventh inning as the Chicago White Sox rallied for a 7-5 comeback victory over the Toronto Blue Jays on Monday.

Floyd came in to relieve Brett Cecil with the bases loaded and two out in the inning and promptly gave up the two-run double to Frazier, the first batter he faced.

Cecil, who came in to replace starter Marcus Stroman with a 5-1 lead in the seventh, allowed two hits and two runs and walked a batter while failing to get an out. THE ASSOCIATED PRESS

**Mets win fourth in a row**

Neil Walker hit his seventh home run in 10 games, a tiebreaking shot in the seventh inning that kept the New York Mets rolling against the Cincinnati Reds with a 5-3 win Monday night.

THE ASSOCIATED PRESS

## RECIPE Grilled Salmon and Zucchini Skewers

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

We like leaning on quick cook items as a weeknight dinner strategy and these salmon skewers fit the bill and then some thanks to a flavorful marinade featuring ginger, soy and sesame.

**Ready in**
Prep time: 25 minutes
Cook time: 10 minutes

**Ingredients**
- 1 tsp grated ginger
- ¼ cup soy sauce
- 2 Tbsp rice wine vinegar
- 1 Tbsp sesame oil
- 3 filets of salmon
- 2 or 3 small zucchinis

**Directions**

**1.** Soak wooden skewers in water for at least 20 minutes.

**2.** Whisk together the ginger, soy, vinegar and sesame oil. Place salmon filets in the marinade for 20 minutes

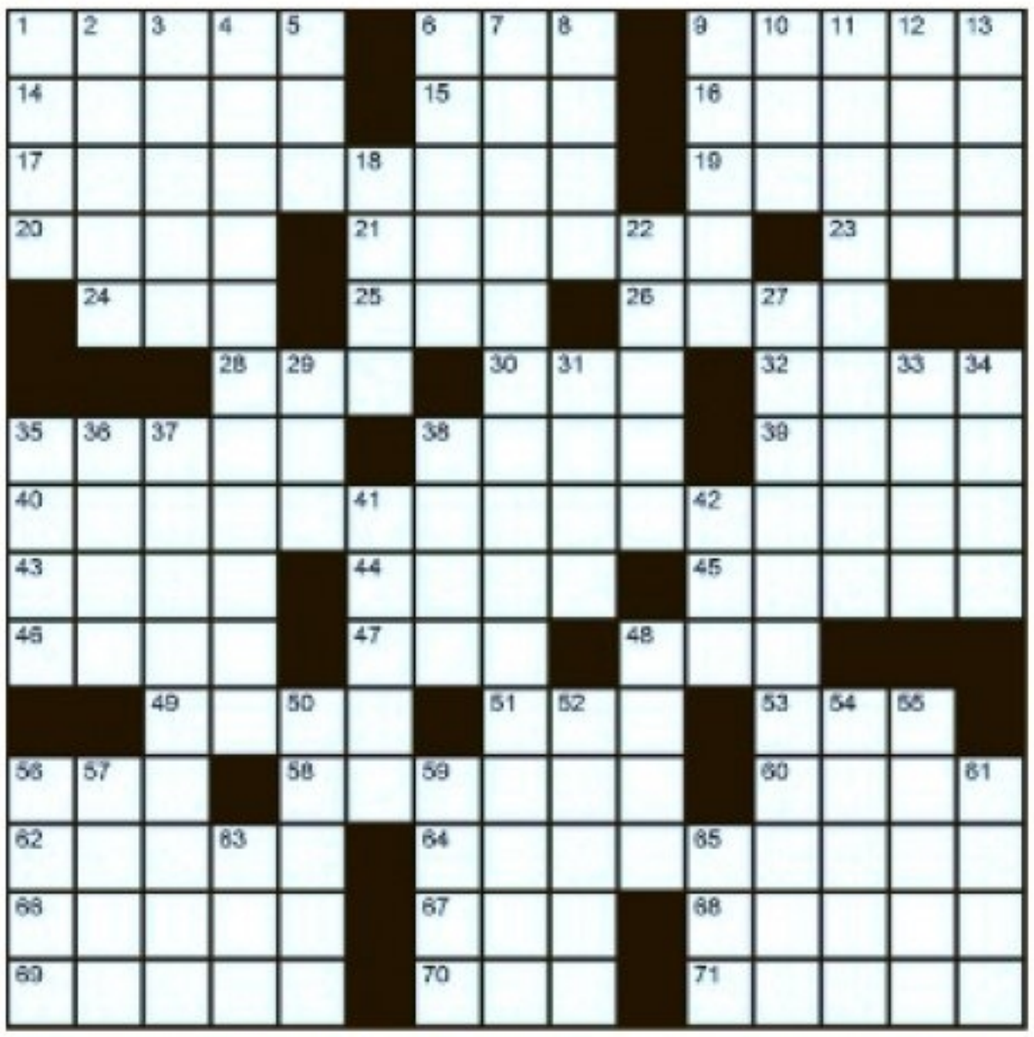
**3.** Remove the salmon from the marinade and cut the filets into chunks — maybe 1 x 2 inches — and set aside. Slice the zucchini into rings and toss in the marinade quickly. Thread the fish and veggies onto the wooden skewers.

**4.** Preheat your grill or grill pan to medium high and wipe the grill with oil. Place the skewers over the heat and give each side about three minutes before turning. Serve these skewers over steamed rice or a bed of greens.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Toronto Raptors guard Mr. DeRozan
6. Scene of Toronto Raptors home game action, for short
9. Toronto Raptors point guard, Kyle _
14. Belonging to Stratford, Ontario's river
15. A.A. Milne character
16. Nose-_-_ (Snobbish stance)
17. Guru/guide's gig
19. _ bore
20. "You _ _" by Lady Gaga
21. Fancily-uniformed cavalryman of 15th-century Hungary
23. Scheming
24. "The Hangover Part II" (2011), e.g.
25. Scot's uncle
26. Michelle Pfeiffer's soundbite in the "Batman Returns" (1992) trailer
28. 'Tail'-meaning prefix
30. P, to Socrates
32. Hazes
35. Velocity
38. Russian physiologist Mr. Pavlov
39. Liberate
40. Instrument for Canadian musician Liona Boyd: 2 wds.
43. Miley Cyrus' mother
44. Apportion
45. Professors [abbr.]
46. Prohibit
47. William Tell's canton
48. Scot's 'no'
49. Mil. two-stripers
51. Sight: French
53. Shih _ (Toy dog)
56. Commotion
58. Guardian of Greece's capital, in mythology
60. Feeds on food
62. Daytime shows, e.g.
64. Off-the-cuff
66. Lotto winner's shout, "_ _ for life now!"
67. Prefix to 'centre'
68. Increased
69. Some cheeses
70. SIN's equivalent in the USA
71. Crowned heads, once

**DOWN**
1. Lady: Spanish
2. Makes flush
3. World: French
4. Place to browse for collectibles and other treasures: 2 wds.
5. '70s record label
6. 'Planet' suffix
7. Politicians on Parliament Hill, e.g.: 2 wds.
8. Sprockets
9. Soya milk carton quantity
10. 'Pepper' suffix (Pizza topping)
11. Evangeline: A Tale of Acadie poet, Henry _ Longfellow (b.1807 - d. 1882)
12. Currency in Oman
13. Annual [abbr.]
18. Prefix with 'stat'
22. Melanie Griffith movie, "A Stranger _ Us" (1992)
27. Some workers, e.g.: 2 wds.
29. "Mr. Holland's Opus" (1995) star ...his initials-sharers
31. Fit
33. Equipment
34. Religious addresses, briefly
35. Station for Edith Prickley
36. Ballet movement
37. The Maritimes: 2 wds.
38. Freezer
41. "_ _ be imagining things!" (This can't be real!)
42. Theatre's Ms. Hagen
48. Close
50. Endures
52. Remove the brooch
54. Rock star kid Dweezil
55. Complete
56. "Dream on!": 2 wds.
57. Stadium roof
59. Rushes the horse
61. Kitchen sink froths
63. Little legume
65. Asleep

## IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
Do whatever you can to break up your daily routine, because you have a strong desire for adventure and freedom today. However, postpone major purchases until tomorrow.

**Taurus** April 21 - May 21
This is a strong time for you with the Sun and Mercury in your sign; however, today is a loosey-goosey day. Avoid decisions about inheritances and shared property.

**Gemini** May 22 - June 21
Go with the flow, because the Moon is opposite your sign and it's in a fuzzy position. Avoid purchases other than food and gas. Make no promises.

**Cancer** June 22 - July 23
Your efficiency at work might suffer today. Expect shortages and delays. Just carry on as usual with routine work, and don't begin anything new.

**Leo** July 24 - Aug. 23
This is a creative day for you! If you work in the arts, the entertainment world or the hospitality industry, you're in the zone! Enjoy goofing off.

**Virgo** Aug. 24 - Sept. 23
Although you have a desire to travel now, today in particular, you might want to hunker down at home. It will feel good to be among familiar surroundings.

**Libra** Sept. 24 - Oct. 23
This is a poor day to make important decisions or to sign documents. It's also a poor day to make promises or commit to anything. Wait until tomorrow.

**Scorpio** Oct. 24 - Nov. 22
Remember to get more sleep in the next few weeks, because you need this. Be careful with your money today! Don't shop for anything other than food or gas.

**Sagittarius** Nov. 23 - Dec. 21
It's all about you, because three planets are in your sign. This is why you're pumped with energy. Today, however, you feel indecisive and wishy-washy; therefore, do as little as possible.

**Capricorn** Dec. 22 - Jan. 20
Tap into your artistic talents today so that you can express your creativity. Enjoy social events, playful times of children and sports. Fun city!

**Aquarius** Jan. 21 - Feb. 19
This is a great day to schmooze with others, because people are friendly. Spend money on food, gas and social situations, but that's all. Postpone shopping until tomorrow.

**Pisces**
Feb. 20 - March 20
Personal details about your private life might be made public for some reason. If so, this will be out of your control today. Just be aware of this.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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